



BEFORE THE UNIT DEPLOYS



PREPARATION FOR DEPLOYMENT

Use the list below to help ease the impact of deployment on yourself, your marriage, and your family:

- Resolve family problems before the separation; otherwise, they will be worse at reunion.
- Make sure your spouse is prepared to assume responsibility for household finances.
- Express your feelings and encourage others to do the same ("I love you," "I'll miss you," "I'm frightened").
- Recognize that anger is OK, but don't take it out on your spouse or your children.
- Plan a family activity or a special family time without distractions.
- Work through the "Family Member Checklist" to cut down on potential household management problems (especially financial).
- Set personal goals to meet during the deployment.
- Attend the unit pre-deployment briefing.

HELPING CHILDREN PREPARE FOR A PARENT'S ABSENCE

These steps can help ease your children's fears of abandonment at a parent's departure, and help them to deal with the deployment once he has left:

- Spend time explaining at the child's level-Why? Where? With whom? How long will the parent be gone?
- Sit down with the whole family and talk about feelings (what will happen when the parent is gone and how it will be different when the parent returns).
- Let children share their feelings about previous deployments.
- The departing parent should spend time individually with each child - just the two of them.
- Take a picture of each child with the parent.
- Consider enrolling youth in activities or more activities than before; scouts, bowling, arts and crafts classes, youth sports, tours, etc., are all good choices.
- It is also helpful, especially for older children, to sit down as a family and discuss the rules of the house before a deployment. The children are more likely to remember the rules as "Family" or "House" rules rather than "Mom's" or "Dad's" rules.

DUAL PARENT DEPLOYMENT

Families with both parents in the military must carefully plan for their children:

- Always have your approved Family Care Plan ready.
- Give the person caring for your children a power of attorney (POA) for medical care.
- Make financial arrangements for all the extra child-related expenses.
- Make sure the rear detachment commander has easy access to your Family Care Plan Documents, and so forth.

IMPORTANT DOCUMENTS

It is very important for you, as a military family, to have in your possession certain documents. Military spouses are often required to take over family matters during the soldier's absence, therefore, it is important that both of you sit down together to gather the information and documents named in this checklist. You are encouraged to keep originals or copies of all listed documents in a special container that you can find

immediately. If you are using a safe deposit box, be sure you check with the bank to see what the regulations are for you to have access to it when your spouse is away.

LOCATION OF CONTAINER _____ :

- Marriage certificate
- Birth certificates of all family members
- Shot records up to date of all family members, including pets
- Citizenship papers, if any
- Adoption papers, if any
- Passports, visas, if any
- Military ID cards for all family members 10 years and older
- Life insurance policies for family members, including name, address, and phone number of insurance companies
- Power of Attorney drawn up, copies provided
- Wills for both spouses completed and filed, copies on hand
- Orders - at least 10 copies of TDY and/or PCS orders
- Emergency data card updated in Military Personnel Record; copy on hand
- List of all credit cards and account
- List of all bonds and stocks
- Court orders relating to divorce, child support, or child custody (if applicable)
- Real estate documents. Copies of all documents relating to rent or ownership of land. Documents relating to lease, mortgage, deed, or promissory note
- Copies of installment contracts and loan papers
- Death certificates for deceased family members
- Last LES (Leave and Earnings Statement)
- Discharge papers and other documents related to military service records
- Allotments updated with correct amount, name, address and account
- Social Security numbers for ALL family members
- Inventory of household goods
- Titles to all automobiles
- Extra set of keys to house, car mailbox, etc.
- Next of kin informed of rights, benefits, and assistance
- Family budget and business arranged
- Emergency services available explained
- Nature and location of important documents
- Moving of household goods explained
- Joint checking/savings account arranged. List all account
- Parents and spouse's parents informed of deployed soldier's address; how to contact soldier in case of an emergency
- Location and use of Red Cross explained
- Location of Army Community Service explained
- Location of JAG (Legal Assistance) explained
- Current addresses and telephone numbers of all members of immediate families of both spouses (include father, mother, brothers, sisters)
- Personal telephone directory updated; important/emergency telephone available at fingertips
- All room and windows have good locks
- Problem areas with cars, household or appliances identified and resolved